

PMS to MENOPAUSE – Part 2 of 4

[Endometriosis, Uterine Cancer, Excessive Bleeding & More!]

Hormone Imbalance, Anxiety, Depression, Lack of Concentration, Low Sex Drive, Low Immunity, Fatigue, and Over-All Body Pain: Denise (36y) felt she had tried “everything” in the years prior to finding me online. No matter what she tried, she only received temporary relief, if any. Also, her immune system was so low, she was sick with the flu every 5-6 weeks.

Three weeks after starting her Clinical Nutrition Therapy, her 25 symptoms, including all of the above, had improved 10-80%. At her 8th week, Denise reported no bouts of flu since starting the therapy I designed, based on her test results, and 18 of the 25 symptoms had improved 100%. (YES! They were gone!) The other Seven?

Four improved 90%; one 80% and two 30%; then in the weeks to follow all improved 100%.

In Part 2 of this four-part article on PMS to Menopause, I will be completing the education started in Part 1 about a primary cause of Endometriosis, Uterine Cancer and Excessive Bleeding.

Part 1 concluded with my sharing that when a woman’s birth control method interferes with or suppresses the body’s elevation of Progesterone at the onset of the Luteal Phase, it prevents the body from lowering Estrogen production to stop making eggs, i.e., the Follicular phase is prevented from ending. (For information about these phases, refer to Part 1 in The Villager, 08/25/22, Page 14.)

Weeks and months of more and more eggs being produced each day causes the uterus to become so overload-



Take Time for Your Health Now or Make Time For Your Disease Later!

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ed with eggs rotting, attaching to and inflaming endometrial tissue that “Endometriosis” ensues, then years of inflamed endometrial tissue has the potential of causing uterine cancer, like Margaret (Part 1).

Some, not all, women may experience their body’s efforts to flush these accumulated rotted eggs, when periodically, they experience breakthrough bleeding, spotting and/or menstruation that extends beyond the average five days.

The solution and prevention lie in choosing birth control methods that do not

interfere with the three Phases of the Menstrual cycle. However, for those who have been using methods that do, which may be evident by having the above health challenges, contact me right away to start your therapeutic, whole food detoxification program and help your body remove the

rotting eggs from the uterus. And by obtaining Clinical Nutrition Testing, we will be able to identify the therapeutic nutrients your body requires to heal (repair) the damaged cells and tissue and/or grow new healthy endometrial and uterine cells and tissue to replace what could not be repaired, just like we did in two months for Margaret.

By doing so, you have the opportunity to prevent Endometriosis, Uterine Cancer, Excessive Bleeding and/or other female issues. Otherwise, your hormone imbalances and inflamed tissue from these rotting eggs will continue to get worse, whether you are aware of it through symptoms or not.

Though there are specific “nutrient” deficiencies and other toxins for evaluation that can cause a variety of female symptoms and conditions, including the above, the information I have shared in

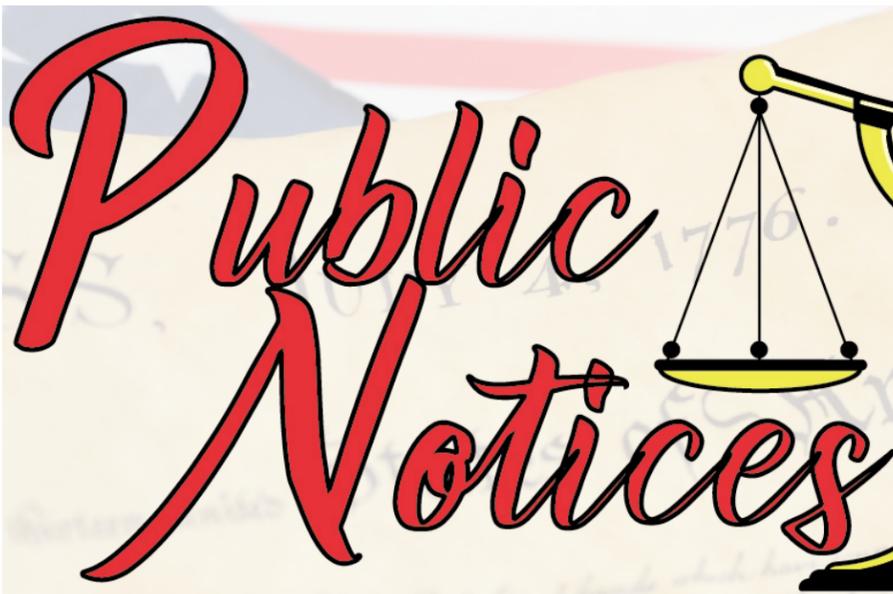
Part 1 and 2 of this four-part article focuses on causes and healthy solutions to prevent and/or reverse the disease processes occurring in the development of Endometriosis, Uterine Cancer and excessive or irregular menstruation, in order to assist you in restoring optimal female health.

In Part 3, I will share symptoms of hormone imbalances and explain why choosing vitamin and mineral supplements based on hormone-related symptoms **does not work!**

For a Clinical Nutrition Analysis of your saliva hormone levels, please call me at (940) 761-4045. First Consultation Free!

Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION (Est. 1981) in Wichita Falls, Texas, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health, and she can help you, too, no matter where you live.

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.



NOTICE TO CREDITORS

NOTICE TO CREDITORS
Estate of BRIAN PATRICK HAYES also known as BRIAN P. HAYES and BRIAN HAYES, Deceased
Case Number 2022PR30975
All persons having claims against the above named estate are required to present them to the personal representative or to Arapahoe County District Court of the City of Denver, Colorado on or before January 8, 2023, or the claims may be forever barred. The original of this document is on file at the law office of Donald Glenn Peterson
/s/ Donald Glenn Peterson
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Last Publication: September 23, 2022
Legal # 10844

SPECIAL DISTRICTS

NOTICE OF HEARING ON 2022 BUDGET AMENDMENT

NOTICE IS HEREBY GIVEN that an amendment to the 2022 budget has been submitted to the **Fiddlers Business Improvement District** (“District”). Such budget amendment will be considered at a meeting and public hearing of the Board of Directors of the District to be held at 9 a.m. on Wednesday, September 20, 2022. In order to preserve the health, safety, and welfare of the public in light of the imminent threat caused by the COVID-19 pandemic, this meeting and public hearing will be held by telephone only. To attend and participate by telephone, dial 650-479-3208 and enter passcode 2596 406 7524.

A copy of the amended 2022 budget is available for public inspection at the offices of Spencer Fane LLP, 1700 Lincoln Street, Suite 2000, Denver, Colorado 80203. Due to concerns related to COVID-19 and certain visitor restrictions that may be in place, please contact Stephanie Net by email at SNet@spencerfane.com to make arrangements to inspect the budget(s) prior to visiting the foregoing office. Any interested elector within the District may, at any time prior to final adoption of the amended 2022 budget, file or register any objections thereto.

FIDDLERS BUSINESS IMPROVEMENT DISTRICT

By: /s/ Ron Fano, District Counsel

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NOTICE OF PROPOSED AMENDED 2022 BUDGET OF THE SUNDANCE HILLS METROPOLITAN DISTRICT

NOTICE IS HEREBY GIVEN that an amended 2022 budget has been submitted to the Board of Directors of the **Sundance Hills Metropolitan District** for the year 2022; that a copy of such proposed budget has been filed in the office of the District located at Circuit Rider of Colorado, 1100 W. Littleton Blvd., #101, Littleton, Colorado, where same is open for public inspection; and that such proposed budget will be considered at a regular meeting of the Board of Directors of the District to be held on Monday, September 19, 2022 at 5:30 p.m. at the Sailfish Room, 5626 S Galena Street, Greenwood Village, CO 80111.

Any elector within the District may, at any time prior to the final adoption of the amended 2022 budget, inspect the budget and file or register any objections thereto. This meeting is open to the public.

BY ORDER OF THE BOARD OF DIRECTORS OF THE SUNDANCE HILLS METROPOLITAN DISTRICT
/s/ Circuit Rider of Colorado, Manager

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Park Meadows, 8405 Park Meadows Center Dr, #1183, Lone Tree, CO 80124